

YOGA FOR THE SENSES

A Day Retreat for individuals with **Low Vision** and their sighted partners and friends. All experience levels welcome.

Explore the senses through movement, breath, mindful art, and vibrational singing bowls.

Early Bird Rates End 9/15

Tickets and Info Here:

<http://goo.gl/ZkYLjL>

Contact:

pam@yogatherapyfortheblind.com

LOCATION:

Fox Haven Farm
3630 Poffenberger Rd.
Jefferson, MD 21755
(Outside of Frederick, MD)

10/08/2016

10AM - 5PM



Itinerary

10 am Yoga

11am Mindful Art

12pm Lunch Provided

1:00 Nature Walk

2pm Restorative Yoga

3pm Tea & Aromatherapy

4pm Sound Immersion

